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Ready...Set...R.E.L.A.X. - Inner Coaching
Ready . . . Set . . . R.E.L.A.X. by Jeffrey S.
Allen M.Ed., 9780963602701, available at
Book Depository with free delivery
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M.Ed. & Roger Klein, Psy.D. \$23.95 \$12.00
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x. ... linger for a moment and, when ready,
head back to work. If you never do this, set a
goal of one per week. If you already have
one or two per week, add another. The
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Jeffrey S. Allen is the author of Ready . . . Set
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